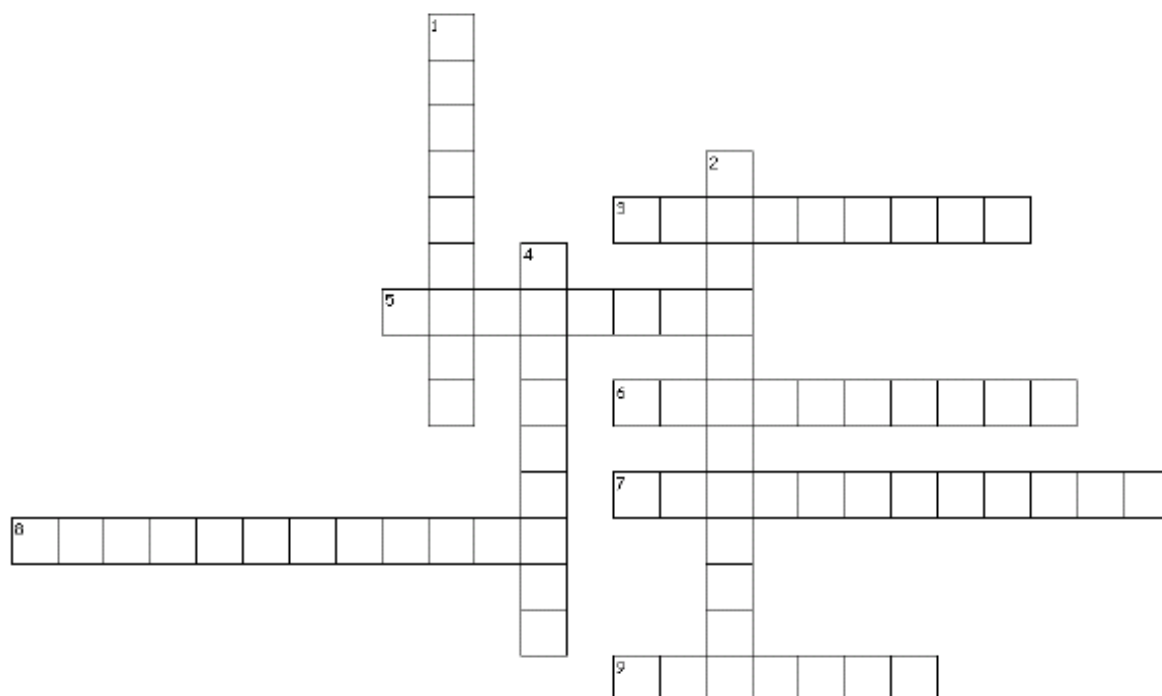


Directions: Answer the clues to test how much you know about broccoli.



Across

3. In MyPyramid, broccoli is a _____ vegetable. For a 2000 calorie diet, it is recommended that you eat about 3 cups of this colored vegetable per week.
5. Broccoli is an excellent source of this.
6. _____ variety of broccoli is a mix of broccoli and Chinese kale.
7. Avoid purchasing this color of broccoli.
8. Broccoli contains this phytonutrient. This phytonutrient has been found to help prevent cancer.
9. Broccoli _____ are a good source of sulforaphane.

Down

1. This variety of broccoli is most common in the US. It has light-green stalks. Umbrella-shaped groups of purplish-green florets top the stalks.
2. This variety is a cross between broccoli and cauliflower.
4. Another name for sprouting type of broccoli is _____.

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